

LEARNING TIME

Tilly's First Day Twist

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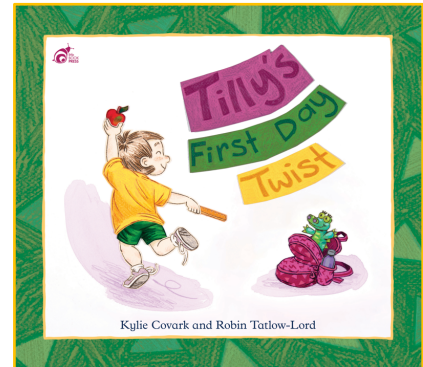
Tilly is super excited about her first day at school, until her tummy goes into a twist. Perhaps the superpowers that Mum gives her will help. But can Tilly make them work?

This story is the perfect to use when starting school.

Tilly's journey will enable families to have helpful conversations about the feelings of having a new experience or beginning something new.

Themes: Family, Feelings, School

Rare and interesting words/concepts: tip-toe, corridor, legs turned to jelly, tummy twisted up



Key Message for Parents | Children's wellbeing is critical to brain development and learning

- Children learn best when they feel emotionally supported, through actively listening to them, validating them – 'you said you feel scared', and responding appropriately.
- Play is critical to young children's social, emotional, and intellectual development.
- Provide opportunities to explore in non-structured ways. As often as possible to allow children to take the lead in their play.
- Allow lots of opportunity to try new things, visit new places and meet new people.
- Reward efforts and let the child lead the pace.

Australian Early Years Learning Framework | Outcome 1: Children develop their emerging autonomy, interdependence, resilience, and sense of agency.

Educators can support children's learning to be open to new challenges and discoveries

- helping the child to understand their feelings by naming those feelings
- Providing suggestions of self-regulation techniques
- providing a safe, predictable, and welcoming environment where the child is supported
- encouraging new experiences within the child's own level of comfort, acknowledging fears and concerns, and offering emotional support with positive language and encouragement.

Welcome

Ask carers to write nametags for themselves and their children.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

Good Morning

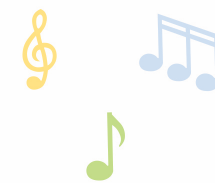
Good morning to you

Good morning to you

Good morning everybody

and welcome to you!

You may like to introduce the book at this stage or use a song to help prepare your group and introduce the upcoming story and activities.



Song

The More We Get Together

The more we get together, together, together,

The more we get together, the happier we will be.

Because your friends are my friends,

And my friends are your friends.

The more we get together, the happier we will be.



Before Reading

- Greet families and children warmly, ask them how they are, awaiting their responses and acknowledging them.
- Explain the format of the session, including the book you are reading, songs and activities. You may want to use a visual board to support diverse language and learning needs.
- Ask the children to sit where they can see the pictures, as you will need them to watch closely!

During Reading

- Introduce the name of the book, author, and illustrator.
- Have a look at the endpapers and discuss what the children think may happen in the book. Point out illustrations of plants and tools.
- Explain the concept of feelings, especially feeling anxious or worried or excited.
- Talk about the idea of 'butterflies in your tummy'
- Be intrigued and model engagement with the text, through looking interested in what they discover and check the children are following along. You can ask – *what are the characters feeling? Why do we feel different things and do different things?*
- This book allows opportunities for the audience to identify times when the children might have had similar experiences or feelings.

After Reading

- How did Tilly manage her feelings, what did her mum do to help her? What do you think she felt when she went to the playdough table?
- Reflect on the outcome of the story. *How can we help other to manage their feelings? How can we help ourselves?*
- What does it feel like for them to do something new?
- Provide sufficient time for children to express their experiences and thoughts. Communication skills include turn taking, eye contact, voice and expression, respectful responses, timing, explaining, and listening. These all need time to be practiced as a part of the literacy journey.

Resources for families

[Parent Easy Guide to Starting School - Parenting SA](#)

[Starting School: enrolling and preparing your child - Raising Children Network](#)

Catholic Education Starting School

<https://www.cesa.catholic.edu.au/our-schools/a-catholic-education/starting-school>

<https://youtu.be/ICAakOb4RJK>

Great Start

<https://www.education.sa.gov.au/parents-and-families/curriculum-and-learning/early-years/learning-with-your-child-greatstart>



Extension Ideas

Read

- Visit the Raising Literacy Australia website and find more book recommendations under Featured Stories. You can search by theme – Feelings.
- Borrow books about feelings from the library. Share non-fiction books to gather lots of facts. Many books are also freely available via Library subscriptions such as Libby and StoryBox Library for read aloud – making books accessible from home or when you are out and about. Ask your local library.
- Visit a new place and explore the brochures, signs and signage.

Sing

- Singing slows down language so enables sounds to be heard more easily. Phonemic Awareness knowledge (sounds) is a foundation to literacy competency.
- Spotify and YouTube have a huge variety of songs. We have a Spotify Playlist ‘Raising Literacy Australia’ – Featured Stories
- Here are some song names you could try: If your happy and you know it, ABC song, where is Thumbkin?
- Adapt your own from well-known tunes and your own made-up words.

Talk

- Talk about first experiences, the first time you went to a friend’s house, childcare, preschool.
- When visit somewhere new – observe and describe your sensory experiences, how did it look, smell, taste, sound.
- Talk about feelings as a part of the everyday conversation, asking how are you? How are you feeling, are you feeling ok/nervous/worried/excited etc.
- Discuss things that you find challenging, what are your coping strategies e.g. deep breathing, distraction, positive thinking, asking for help.
- Talk about how to observe other’s feelings and how to be a helpful friend.

Play

- Make a role play experience whereby children can play out their responses.
- Draw a picture of feelings, represented by different colours
- Use toys to act out scenarios that a child might experience like going to a preschool visit.
- Play a competitive game such as SNAP! Emotions will come to the surface through competition, work together to identify and manage these emotions.
- Monster Feel Cards game

<https://pocketofpreschool.com/monster-feelings-cards/>

https://drive.google.com/file/d/11ASDjIRP1PVg891R30iSIb_L9ghVhV3e/view

STEM Focus. Science, Technology, Engineering and Mathematics.

Make your own bubbles.

Bubble mixture
Makes 350ml

Prep 5 minutes

50ml washing-up liquid (one part)
300ml water (six parts)

What to do

1. Measure the washing-up liquid into a container, such as a jam jar or glass bottle.
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine – a chopstick is perfect for this.
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!



Homemade bubble wands

If you don't have a wand from a store-bought pot of bubbles, don't despair! You can have fun by looking for different items around the house that can be used to make bubbles. Here are some ideas to get you started:

- Paperclips – bend them into wands or use as they are
- Straws
- Biscuit cutters
- Pipe cleaners
- Fly swatters

Science: Measuring, predicting, trialing (mix and breathing techniques)

Maths: Measurements

Engineering: Make your own bubble wands

Technology: Document with photos, create a video.

Language: Talk about breathing, long breaths make you feel calm, blowing out is calming too – letting go of things that make you feel worried, angry, or out of control.

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. Raising Literacy Australia suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session.

Libraries can purchase bulk copies of our books at discounted rates. Visit Little Book Press at <https://littlebookpress.com.au/collections/books-for-preschoolers/products/tillys-first-day-twist>

For more stories to share, we recommend the following titles:

- **Once Upon My Legs** by Phil Dumbleton (Little Book Press)
- **Grumble Boats** by Susannah Mc Farlane & Tasmin Ainslie
- **Let's Go, Little Roo** by Renee Treml

An Activity Time for this book is available to download for FREE from our website. This is a great resource to share with families, you are welcome to print and distribute as necessary.

Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (*Here We Go Round the Mulberry Bush*) or your choice.

Goodbye

This is the way we say goodbye (wave) say goodbye, say goodbye

This is the way we say goodbye to all our library friends (or) (to our friend.....)!



And a girl showing her dad how to build a castle out of blocks.